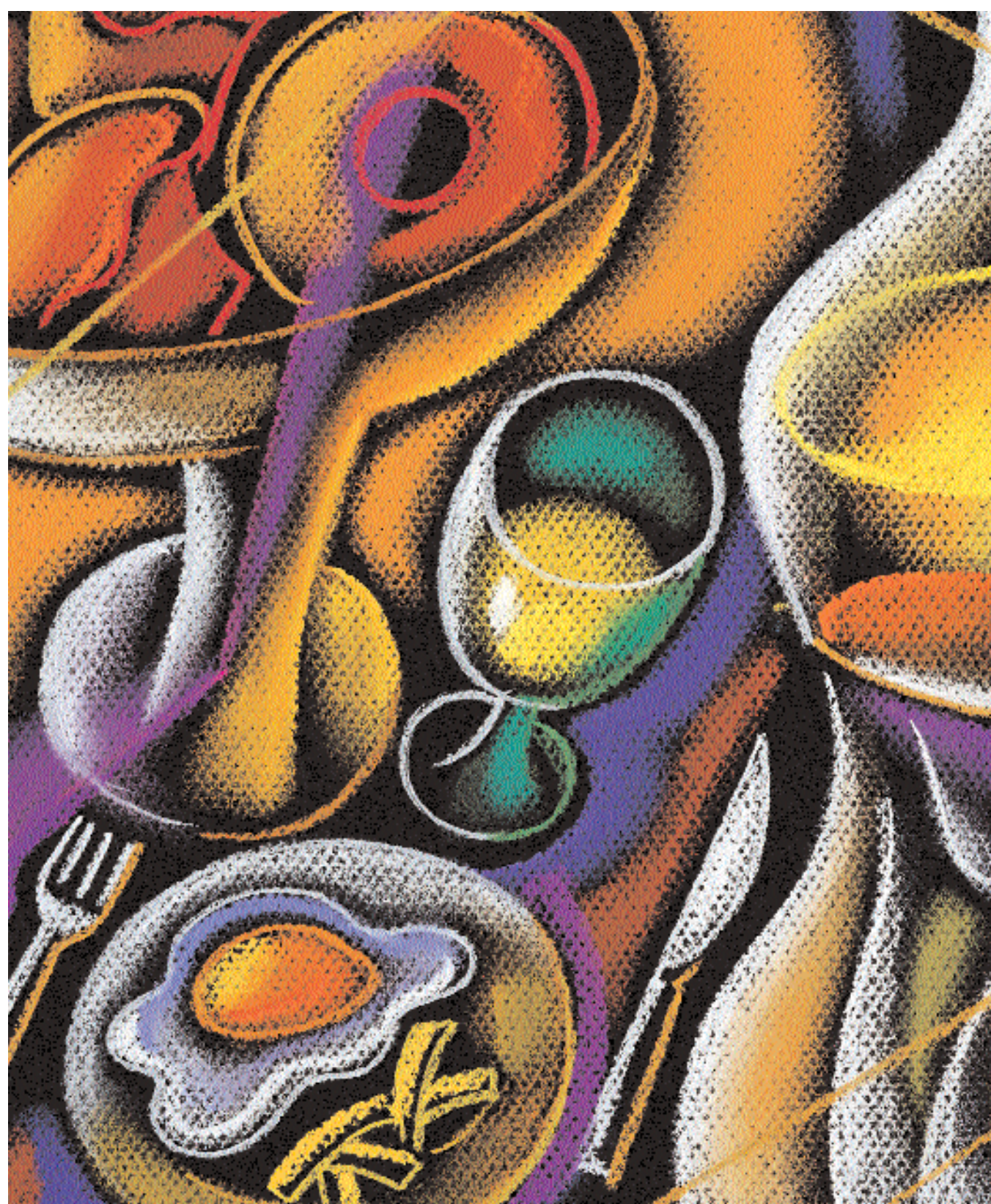


HEALTHY FOODS &
HEALTHY ADVICE.



THAT'S WHAT WIC
IS ALL ABOUT.
COOKBOOK



WIC COOKBOOK

WIC is a special supplemental food program for pregnant, breastfeeding, and post-partum women, infants, and children under five years of age. To be eligible for the program, a woman, infant, or child must meet the income guidelines and be at nutritional risk. A nurse or nutritionist will determine if an applicant is eligible for the WIC program.

Special supplemental foods are provided to eligible participants. Health professionals also provide nutritional education to all who are enrolled in the WIC program. The goal is to teach participants how to use the WIC supplemental foods wisely and how to build good food habits for a lifetime. The WIC Cookbook is a step towards meeting that goal.

INTRODUCTION

Your WIC Cookbook will help you use WIC foods that come in your food package. You will find good recipes using dry eggs and dry milk. These foods are good for you and your children and will help you save money on meals.

Some of the recipes use WIC cereals; some use WIC cheese. Peanut butter recipes are also included. With these recipes, you can vary the foods you serve and make meals more interesting.

The recipes in this book are all easy, low cost, and nutritious. Try them and enjoy!

CONTENTS

Milk	4 & 83-84
Eggs	3
Appetizers	5
Bread	11
Salads	19
Main Dishes	26
Desserts/Snacks	44
Side Dishes	61
Beverages	79

EGGS

USING DRY EGGS

The dry eggs in you WIC package are fresh eggs with the water taken out. Eggs are a great source of protein. Dry eggs are good to have on hand and will keep on the shelf until they are opened. After eggs are opened, put package in refrigerator.

Dry eggs are easy to use. The recipes in this book use dry eggs and liquid eggs.

To scramble dry eggs or use in any recipe that calls for fresh eggs, just put the water back in the egg: 2 tablespoons dry egg plus 3 tablespoons water = 1 whole egg; 1/2 cup dry egg plus 3/4 cup water = 4 eggs (2 servings, scrambled).

USING LIQUID EGGS

The liquid eggs in your WIC package are made from fresh whole eggs. The liquid eggs should be kept refrigerated at 34 — 38 degrees F. Do not freeze. They have a shelf life of eight weeks.

1/4 cup of liquid egg = 1 large egg
1 cup of liquid egg = 5 large eggs

MILK

USING DRY MILK

The dry milk in your WIC food package is pure skim milk with only the water taken out. It is a fine source of protein and calcium. Most of the recipes in this book use dry milk.

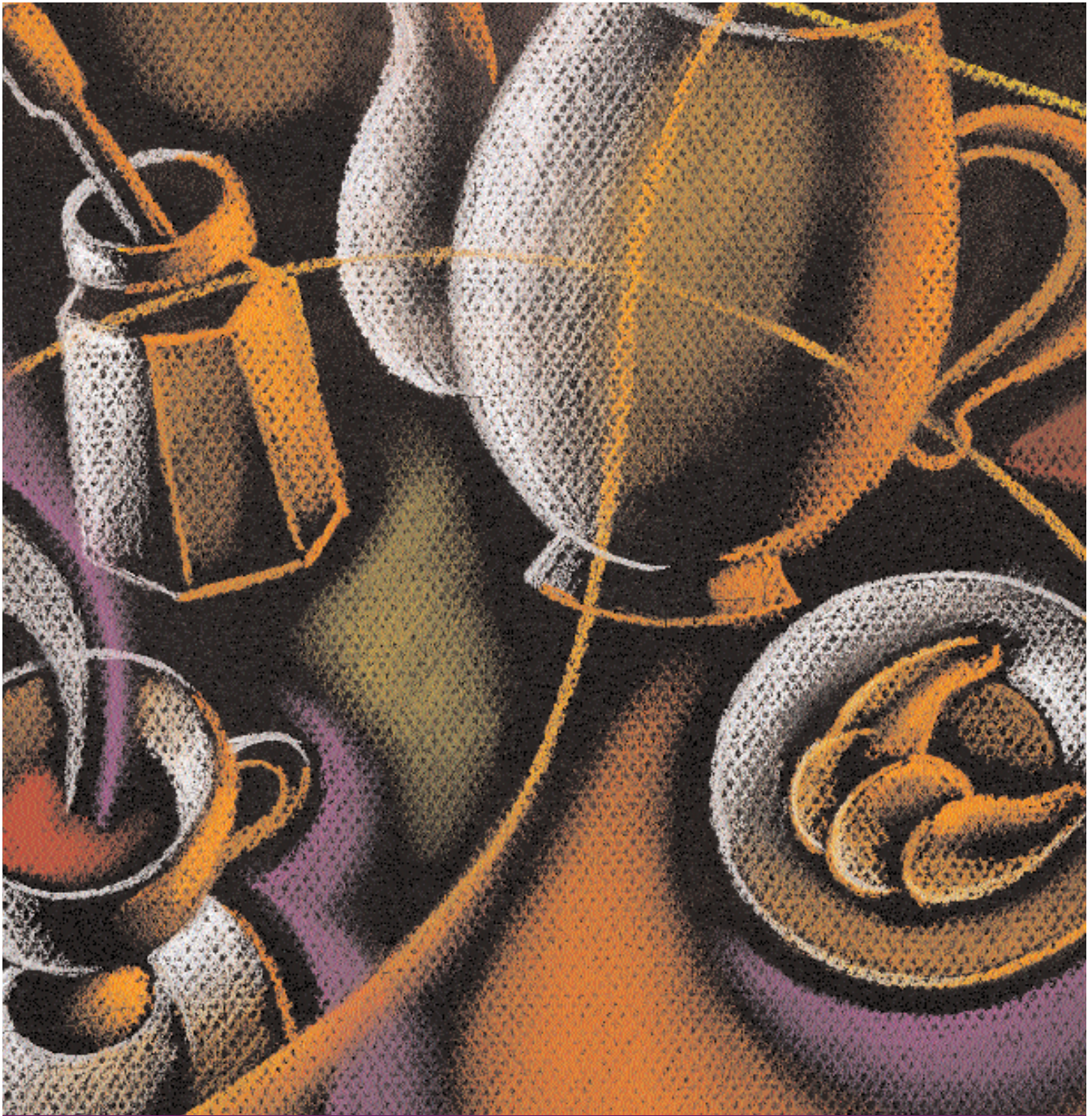
To mix dry milk for drinking or to use in cooking other dishes: Add 3 cups water to 1 cup dry milk to get one quart skim milk.

For drinking: Add 1 quart UHT milk or 1 quart fresh milk to 1 quart mixed, dry milk for best flavor.

To make 2% milk: Add 1 can evaporated milk and 1 can water to 1 quart of mixed, dry milk.

To make buttermilk: Add 1/2 cup buttermilk to 1 quart of mixed, dry milk.
Add 4 tsp lemon juice and then refrigerate (use bought buttermilk for starters, saving some from each batch to make the next quart.)

To make hot chocolate: Mix 3 tablespoons cocoa, 3 tablespoons sugar and 1 1/2 cups dry milk; store in a covered jar.
Put 2 or 3 tablespoons of this mixture in a cup and fill with hot water, stirring until it is smooth.



APPETIZERS

SWEET AND SOUR MEATBALLS

1 lb ground beef
1 envelope (1 1/4 oz) onion soup mix
1 tsp Worcestershire sauce
2/3 cup evaporated milk
1 tbsp ketchup
1/4 cup soy sauce
1/2 cup peach preserves

Combine ground beef, evaporated milk, onion soup mix, ketchup and Worcestershire sauce. Mix well. Shape beef mixture into 36 tiny meatballs with wet hands, using about 1 tsp of mixture for each one. Place in a 13 x 9 inch baking dish. Pour soy sauce over meatballs. Bake at 425 degrees for 15 minutes, or until browned. Drain drippings reserving 2 tbsp. Combine peach preserves and reserved drippings. Pour over meatballs. Stir lightly. Return to oven for 5 minutes to heat. Serve warm.

TUNA DIP FOR A CROWD

4 cans water-packed tuna, drained
2 large packages low-fat cream cheese
1 cup onion, grated
juice of 2 lemons
4 eggs, boiled and grated
2 cups salad dressing
seasonings to taste: salt, pepper, Tabasco, garlic salt, paprika

Mix first five ingredients together, add salad dressing and seasonings. Serve with crackers or raw vegetables.

CHILI CHEESE DIP

2 cups cheese cubes
1/3 cup canned, chopped tomatoes
1 tsp chili peppers (add more to taste)
low-fat tortilla chips

Place cheese cubes in the top of a double boiler over boiling water. Stir constantly until the cheese is melted. Stir in the tomatoes and peppers until well blended and creamy. Serve hot with low-fat tortilla chips.

MEXICAN DEVEILED EGGS

8 hard cooked eggs
1/2 cup shredded cheddar cheese
1/4 cup mayonnaise
1/4 cup salsa
2 tbsp sliced green onion
1 tbsp sour cream
salt to taste

Slice eggs in half, lengthwise, Remove yolks and set whites aside. In a small bowl, mash yolks with cheese, mayonnaise, salsa, onions, sour cream and salt. Evenly fill the egg whites. Serve immediately or chill until ready to serve. May sprinkle with paprika, if desired.

CREAMY FRUIT DIP

1 8 oz package cream cheese, softened
fresh whole strawberries
3 tbsp orange juice concentrate
1 jar (7oz.) marshmallow creme
sliced kiwi fruit

In a mixing bowl, beat cream cheese and orange juice concentrate until smooth. Fold in marshmallow creme. Serve with fruit. Store in refrigerator. Makes 2 cups.

CHEESE BALL

2 cups shredded, cheddar cheese
1 3 oz package soft cream cheese
2/3 cup evaporated milk
1/2 cup chopped pecans or walnuts
1 cup grated Parmesan cheese
5 tbsp crumbled blue cheese
1/2 tsp dry, hot mustard

Beat together cheeses, mustard and evaporated milk. Chill 1 hour or until firm. Shape into a ball. Roll in chopped nuts. Wrap with waxed paper. Chill. Serve with crackers. Makes 1 large ball.

ANTS ON A LOG

5 stalks celery
1/2 cup peanut butter
1/4 cup raisins

Cut the celery stalks in half. Spread with peanut butter. Sprinkle with raisins.

QUICK SPINACH DIP

4 oz softened cream cheese
1 tbsp minced onion
1/8 tsp cayenne pepper
1/2 cup spinach puree (2 - 10oz packages thawed, frozen chopped spinach
blended with 1/4 cup water and 3/4 cup evaporated milk in blender)
1/2 tsp garlic salt
1/8 tsp nutmeg

Beat cream cheese until smooth. Beat in remaining ingredients until well blended.
Chill. Serve with chips or crackers.

GUILT FREE SNACK MIX

4 cups crispy, corn cereal squares
1 cup dried, mixed fruit, chopped
1/4 cup yogurt-covered raisins
1/3 cup chopped, mixed nuts
2/3 cup banana chips

In a medium bowl, mix together crispy, corn cereal squares, dried fruit mix,
yogurt-covered raisins, mixed nuts and banana chips. Store in sealed, airtight
containers.

HOMEMADE REFRIGERATOR PICKLES

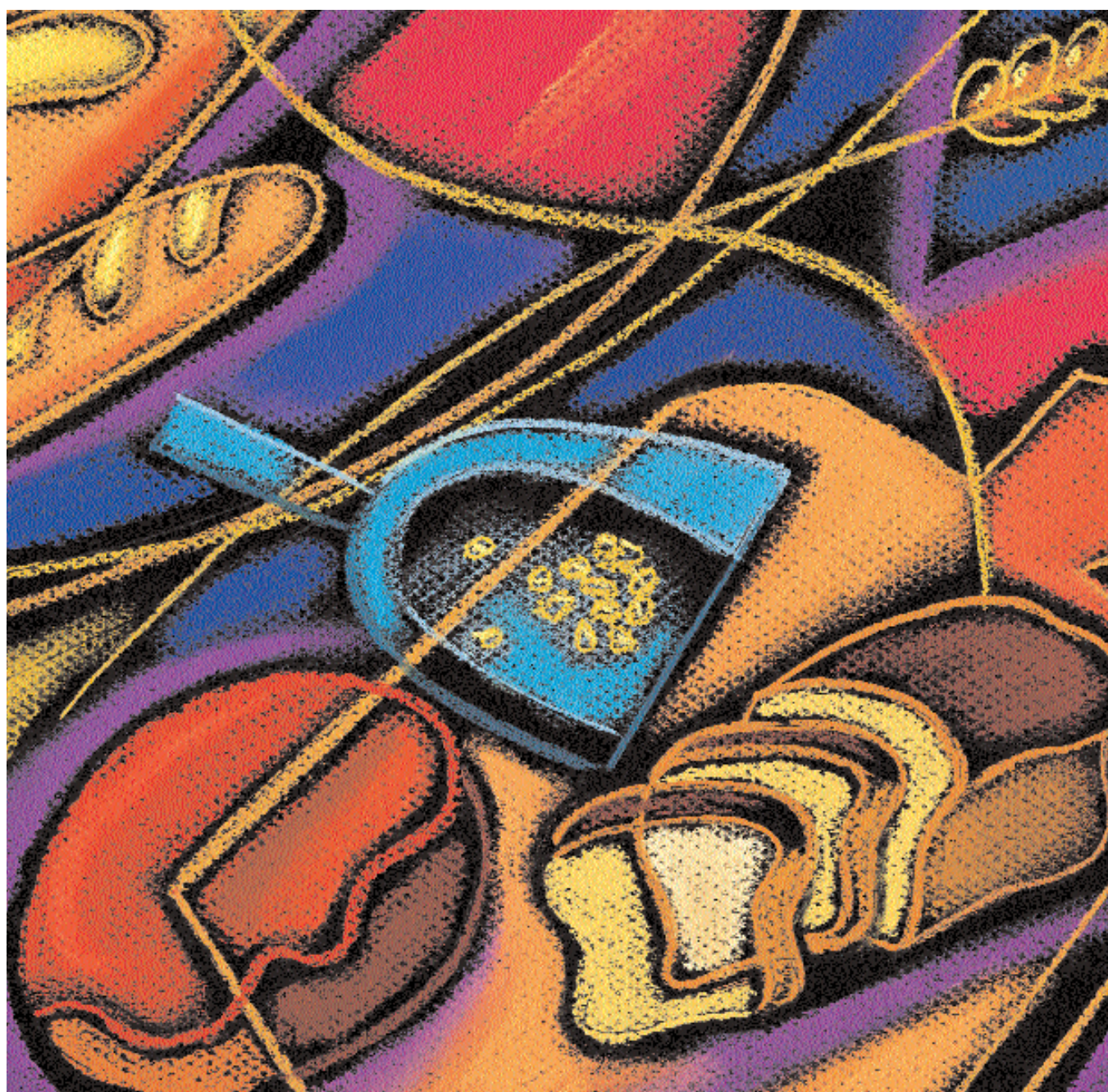
- 1 cup distilled, white vinegar
- 1 tbsp salt
- 2 cups white sugar
- 6 cups sliced cucumbers
- 1 cup sliced onions
- 1 cup sliced green bell peppers

In a medium saucepan over medium heat, bring vinegar, salt and sugar to a boil. Boil until the sugar has dissolved, about 10 minutes. Place the cucumbers, onions and green bell peppers in a large bowl. Pour the vinegar mixture over the vegetables. Transfer to sterile containers and store in the refrigerator.

CALIFORNIA COLE SLAW

- 1 small head cabbage, shredded
- 1 small white onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 small carrot, shredded
- 1/2 cup cider vinegar
- 3 tbsp white sugar
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 1/2 cup vegetable oil

In a large salad bowl, place the cabbage, onion, green bell pepper, red bell pepper and carrot. Combine the vinegar, sugar, salt, pepper and vegetable oil in the bowl with the vegetables. Toss the mixture until the vegetables are fully coated with the marinade.



BREADS

CINNAMON RAISIN FRENCH TOAST

3/4 cup evaporated, skimmed milk, undiluted
1 large egg
1/2 tsp vanilla extract
1/8 tsp salt
8 slices cinnamon raisin bread
2 tbsp butter

Put evaporated milk, egg, vanilla and salt into a shallow bowl; beat with a fork until well-blended. Dip slices of bread into mixture one at a time, turning to coat both sides. Heat one tablespoon of butter over moderate heat. When melted, add 4 slices of the dipped bread and cook 2 to 3 minutes on each side until browned. Remove to warm platter or plates and keep warm while you cook remaining bread. Makes 8 slices. (four servings).

BAKING POWDER BISCUITS

2 cups flour
4 tsp baking powder
1 tsp salt
1/3 cup instant, nonfat, dry milk
6 tbsp shortening
3/4 cup water

Preheat oven to 450 degrees. Mix together the flour, baking powder, salt and nonfat dry milk. Cut in shortening with fork until mixture is crumbly. Stir in water gradually. Knead slightly on floured board (do not add more flour). Roll out 1/4 inch thick; cut and place on baking sheet. Bake 10 to 12 minutes. Makes 12 - 2" biscuits.

GOLDEN CORNBREAD OR CORN MUFFINS

1 cup yellow cornmeal
1 cup flour sifted
1/4 cup sugar
1/2 cup instant nonfat, dry milk
1 tsp salt
1 tsp baking powder
1 egg, slightly beaten
1 cup water
1/4 cup soft butter or shortening

Preheat oven to 425 degrees F. Mix together dry ingredients in a bowl. Mix egg, water, and butter in another bowl until smooth. Combine all ingredients. Do not over bake. Pour into buttered 8" x 8" x 2" cake pan or buttered muffin pan and bake until browned, about 20 minutes for bread and 10 to 15 minutes for muffins. Makes 6 - 8 servings.

CORNBREAD VARIATIONS:

Bacon Cornbread: Follow recipe above, except add 1/2 cup diced, crisply cooked bacon and substitute bacon drippings for the butter or shortening.

*Healthful Hint: Breads and cereals add important vitamins and minerals and increase starch and fiber. Remember to take it easy on fat and sodium. Serve breads and rolls with little added margarine or butter. Six to eleven servings of grain products each day are recommended.

HUSH PUPPIES

2 cups cornmeal
2 tsp baking powder
1 tsp salt
1 1/2 cups milk
1/2 cup water
1 large onion, chopped fine

Thoroughly mix all dry ingredients. Add the milk and water. When dough is of an even consistency, stir in the chopped onion. Add more milk if necessary. Shape dough into 1 inch balls. Drop into preheated vegetable oil and fry them on all sides until brown. Place on a paper towel.

BLACK-EYED PEA CORNBREAD

2 cups cooked, black-eyed peas, mashed slightly
1/2 cup corn oil
4 oz mozzarella cheese, grated
2 lbs sausage, browned and drained
1 cup buttermilk
1 cup self-rising corn meal
3 eggs
8 oz. cheddar cheese, grated
3/4 cup cream-style corn
1 1/2 onion, chopped
1/2 tsp baking soda

Mix all ingredients together. Grease a 9 x 13 pan; pour ingredients into pan. Cook 350 degrees for 45 minutes.

CINNAMON ORANGE BRAN MUFFINS

2 cups bran flakes cereal
1 cup orange juice
1 egg, beaten
3 tbsp vegetable oil
1 cup all purpose flour
1/4 cup packed brown sugar
2 tsp baking powder
1 1/2 tsp ground cinnamon
1/2 tsp baking soda
1/2 cup raisins
12 muffin cups

Preheat oven to 400 degrees. In a large bowl, combine cereal, orange juice, egg, and oil. Let stand 5 minutes. In a separate bowl, combine flour, brown sugar, baking powder, cinnamon, and baking soda. Combine wet and dry ingredients. Stir in raisins. Divide mixture evenly among greased muffin cups. Bake 15 to 20 minutes or until toothpick inserted in center comes out clean. Makes 12 muffins.

POTATO CORN BREAD

1 cup cornmeal
1 1/4 cups water
1/3 cup cooking oil
1/2 cup instant dry milk
2 tbsp sugar
3 1/2 tsp baking powder
1 cup instant potato flakes
3/4 cup powdered egg with 1/2 cup water (mix together)
1 cup flour

Mix dry ingredients together. Add egg mixture, oil, and water. Mix well.
Bake in greased pan at 375 degrees for 25 - 30 minutes. Makes 12 servings.

CHEESY CORN BREAD

1 cup cornmeal
1 cup grated cheese
1/2 tsp salt
1 cup milk
1 egg
1/4 cup sugar
1 cup flour
1 cup canned corn, drained (optional)
1/4 cup chopped onion (optional)
4 tsp baking powder
1/4 cup shortening

Combine all ingredients except cheese, corn and onion and beat until fairly smooth. Add cheese, corn and onion. Bake in greased 9" square pan at 425 degrees for 20 - 25 minutes. Makes 12 servings.

OAT BRAN MUFFIN

3/4 cup milk
1 egg
1/4 cup molasses
1 cup flour
1/2 cup raisins
3/4 cup bran flakes
1/4 cup vegetable oil
1 cup oatmeal
1 tbsp baking powder

Combine milk and bran. Add egg, oil, and molasses. Combine dry ingredients and stir into bran mixture until moistened. Fill greased muffin tins 2/3 full. Bake at 400 degrees for 15 minutes or until done. Makes 12 muffins.

BREAKFAST MUFFINS

2 cups flour
1/2 cup brown sugar
3 tsp baking powder
1/2 tsp salt
1 cup milk
1 egg
3/4 cup raisins
4 tbsp butter or margarine, melted
2 tbsp oats

Preheat oven to 425 degrees. Grease muffin tin. Sift together flour, sugar, baking powder and salt. Add raisins. In a separate bowl, mix milk, butter and egg. Add flour mixture and stir in oats (batter should be lumpy). Fill muffin tins 2/3 full and bake 20 — 25 minutes.

BAKED FRENCH TOAST

8 1/2 inch slices of white bread
5 eggs
1 1/2 cups whole milk
1/4 cup sugar
1/2 tsp cinnamon sugar

Lightly grease a 13 x 9 x 2 inch baking pan. Cut each slice of bread into 2 even strips. Arrange bread strips in pan. In large bowl, mix eggs, milk, 1/2 sugar, and vanilla with an electric mixer on low speed until well-blended, about 5 minutes. Pour egg mixture over bread strips; cover. Chill 4 to 24 hours. Preheat oven to 425 degrees F. Bake until eggs are set and toast is lightly browned, about 30 to 40 minutes. Serve with cinnamon sugar topping.

HOW TO USE CHEESE:

You can use cheese in a lot of ways:

Slice and use in sandwiches or hamburgers.

Make cheese toast for breakfast or snack.

Eat with crackers for a snack.

Shred and put on salads or cooked vegetables, in scrambled eggs, on top of casseroles or tacos, or in soups.

Grate and add to biscuit dough or slice and place inside hot biscuits.

Cheese is good for you!



SALADS

BUTTERMILK ORANGE DRESSING

2 tbsp flour
1 1/2 tsp salt
3/4 tsp dry mustard
2 tbsp sugar
Cayenne Pepper
1 2/3 cups buttermilk
1 egg
1/2 cup orange juice
1 tbsp lemon juice

Combine flour, salt, dry mustard, sugar, and cayenne pepper in top of double boiler. Add 3 tbsp of buttermilk and stir until smooth. Beat egg well, and stir in remaining buttermilk and orange juice. Gradually stir into flour mixture. Cook in double boiler, stirring constantly until thickened. Remove from heat and stir in lemon juice, then chill. Serve on vegetables, mixed greens, or fruit salads.

APPLE CRUNCH SALAD

- 1 - 6 oz package strawberry flavored gelatin
- 1/4 tsp ground cinnamon
- 1/2 cup finely chopped celery
- 1/4 cup finely chopped pecans
- 1 3/4 cups boiling water
- 1 1/2 cups apple juice
- 1 cup peeled, finely chopped apple

Dissolve gelatin in boiling water. Stir in apple juice and cinnamon; chill until consistency of unbeaten egg white. Stir in remaining ingredients. Pour into an oiled, 8-inch square dish; chill until firm. Yield: 9 servings.

HONEY BEE AMBROSIA

- 4 medium oranges
- 1/2 cup orange juice
- 2 tbsp lemon juice
- 1 medium banana
- 1/4 cup honey
- 1/4 cup flaked coconut

Pare oranges; cut crosswise into thin slices and place in serving bowl. Peel banana; cut thin slices into bowl with oranges. Toss fruits. Blend orange juice, honey and lemon juice; pour over fruits. Sprinkle with coconut. 4 to 6 servings.

TUNA PASTA SALAD

2 cups macaroni, uncooked
2 - 6 1/2 oz cans tuna, water-packed, drained
1/2 cup zucchini, chopped
1/4 cup carrots, sliced
1/3 cup onions, diced
1/4 cup salad dressing, mayonnaise type

Preparation time: 25 minutes

Cooking time: 8 minutes

Cook macaroni according to package directions and drain.

Wash vegetables. Chop zucchini; slice carrots into thin slices; dice onions.

Mix macaroni, tuna, and vegetables together in mixing bowl. Stir in salad dressing.

Chill until ready to serve.

MACARONI SALAD

12 oz elbow macaroni, uncooked
1/2 cup green pepper, chopped
1/4 cup salad dressing, mayonnaise-type
1/2 tsp pepper
1/4 tsp garlic powder

Preparation time: 15 minutes

Cooking time: 8 to 10 minutes

Cook macaroni according to package directions. Drain and cool.

Combine green pepper, salad dressing, and spices. Add macaroni and toss lightly. Chill.

CHUNKY CHICKEN SALAD

1 cooked, boneless chicken breast half, chopped
2 stalks celery, chopped
3 tbsp mayonnaise
1/2 onion, finely diced
2 dill pickles, chopped
1/4 tsp garlic powder
salt and pepper to taste

Combine the chicken, celery, mayonnaise, onion, and pickle; mix well.
Season with the garlic powder, salt and pepper. Serve with lettuce on fresh crusty bread or bun.

EGG SALAD

4 hard cooked eggs, chopped
2 tsp finely chopped green onions
1/3 cup grated carrots
2 tsp mustard
1/4 cup mayonnaise

Combine ingredients. Spread on bread for sandwiches or on crackers.

CARROT SALAD

4 carrots
1 apple peeled, cored and shredded
1 tbsp lemon juice
2 tbsp honey
1/4 cup blanched, slivered almonds
salt and pepper to taste

In a bowl, combine the carrots, apple, lemon juice, honey, almonds, salt and pepper. Toss and chill before serving. Makes 6 - 8 servings.

CARROT AND RAISIN SALAD

2 cups shredded carrots
1/2 cup diced celery
1/2 cup raisins
1/3 cup mayonnaise
1 tbsp distilled white vinegar

In a mixing bowl, combine the carrots, celery, raisins, mayonnaise and vinegar. Mix together and refrigerate until chilled. Makes 4 - 6 servings.

BEAN SALAD

1/2 cup cooked kidney beans
1/2 cup Great Northern beans
1/2 cup radishes, sliced
1/4 cup sliced green onions
2 tbsp lemon juice
1 clove garlic, minced
1/2 cup cooked pinto beans
3/4 cup sliced celery
1/2 cup diced cucumber
1/4 cup salad oil
1 tbsp vinegar
1/2 tsp salt

Combine beans and vegetables. Beat together oil, lemon juice, vinegar, garlic, and salt. Pour dressing over beans and toss to coat thoroughly. Chill for 2 hours. Serve.

Easy alternative for missing ingredients: Instead of 1 clove minced garlic, use 1/4 tsp instant minced garlic or 1/8 tsp garlic powder. Instead of 1/2 cup chopped onion, use 2 tbsp instant minced onion or 1 tsp onion powder. Instead of 1 tbsp fresh herbs, use 1 tsp dried herbs. Instead of 1 cup chili sauce, use 1 cup tomato sauce plus 1/2 cup sugar and 2 tbsp vinegar. Instead of 1 tbsp cornstarch, use 2 tbsp flour. Instead of 1 cup plain yogurt, use 1 cup buttermilk (in baked items). Instead of whole milk, use evaporated skim milk (this will also decrease fat).



MAIN DISHES

CRISPY ORANGE CHICKEN

1/4 cup WIC liquid eggs
1 tbsp WIC orange juice, diluted
1 to 2 tsp grated orange peel
1/8 tsp ground ginger
3 cups WIC cereal, crushed to 1 1/2 cups
1 chicken (2 1/2 to 3 lbs), cut into serving pieces and skinned
2 tbsp margarine

Preheat oven to 375 degrees. In shallow dish, combine egg, orange juice, orange peel, and ginger; add 1/4 tsp salt if desired. Dip chicken in egg mixture then roll in cereal to coat. Place chicken in single layer on rack in shallow baking pan. Drizzle with margarine. Bake 50 to 60 minutes or until meat is no longer pink. Makes six servings.

Low-fat soul food cooking tips: Cook greens with fresh turkey parts without skin, not lard or fat back. Mash sweet potatoes with orange juice and cinnamon. Leave out the butter. For biscuits, use corn oil and skim milk, instead of lard and regular milk. Make macaroni and cheese with skim milk and low-fat cheese. For crispy fish, roll in cornmeal. For crispy chicken, remove the skin, then roll in bread crumbs. Bake instead of frying.

SPANISH RICE WITH GROUND BEEF

1 lb ground beef
1 medium onion, chopped
1 small bell pepper, chopped
2 stalks celery, chopped
1 - 15 oz can tomato sauce
1 bay leaf (optional)
1/2 cup rice, uncooked
3/4 cup water

Brown ground beef in large skillet. Drain off all grease except 1 tbsp. Add onion, bell pepper, and celery and fry for 5 minutes. Add tomato sauce, bay leaf, rice, and water. Cover and simmer for 30 minutes. Makes 5 one-cup servings.

*Low-Fat Meal Idea: Use ground turkey instead of ground beef. Children like it because it has a delicate flavor and is easy to chew. You like it because it is low in fat and calories.

SPINACH AND BACON QUICHE

4 slices of bacon or turkey bacon
1/2 cup chopped onion
2 cups (packed) chopped, fresh spinach*
1 1/4 cups shredded mozzarella cheese (other cheeses can be substituted)
1 tbsp plus 1 tsp flour
1/8 tbsp black pepper
1 1/4 cups liquid eggs
1 cup evaporated milk
2 medium baking potatoes, scrubbed or 9 inch pie shell
1 tbsp Parmesan cheese

Arrange the bacon slices in a large non-stick skillet, and cook for 2 minutes over medium heat. Turn and cook for 2 or 3 additional minutes, or until crisp and brown. Transfer the bacon to paper towels and set aside to drain. Drain grease from skillet. Place the same skillet over medium heat and add the onion. Stir fry for about 3 minutes or until the onion is crisp-tender. Add a little water if the skillet becomes too dry. Add the spinach, and stir fry for another minute or 2, or until the spinach is wilted. Remove skillet from the heat and set aside to cool slightly. Combine the cheese, flour, and pepper in a large bowl and toss to mix well. Add the eggs and evaporated milk and stir to mix well. Stir in the spinach and onion. Crumble the bacon and add to the egg mixture. Set aside. Coat a 9-inch deep pan with non-stick cooking spray. Slice the unpeeled potatoes 1/4 inch thick, and arrange the slices in a single layer over the bottom and sides of the pan to form a crust (if using a pie shell, do not do this step). Pour the egg mixture into the crust and sprinkle with the Parmesan cheese. Bake uncovered at about 375 degrees for 45 to 50 minutes or until the top is golden brown and a sharp knife is inserted in the center and comes out clean. Remove the dish from the oven and let sit for 10 minutes before cutting into wedges and serving. Makes 6 servings.

*Can use frozen, chopped spinach

OPEN-FACED PIZZA OMELET

- 14 oz. pasteurized egg product
- 1 cup milk
- 1 cup pizza sauce
- 1 cup broccoli florets, frozen*
- 4 slices American cheese
- salt and pepper to taste
- vegetable spray as needed

Defrost broccoli and drain. Heat skillet over moderate high heat; spray with vegetable spray. Wisk together milk and eggs. Stir egg mixture into hot skillet, stirring constantly, until half set. Reduce heat. Spread eggs flat on bottom of pan. Spread pizza sauce evenly over top of eggs and sprinkle with broccoli. Top with cheese and cover with lid. Cook on low until eggs are set and cheese is melted. Cut with pizza wheel into pizza shaped slices.

*You can use diced meats or other vegetables.

MEXICAN CASSEROLE

- 1 lb ground beef
- 1 can rotel tomatoes
- 1 can cream of chicken soup
- 1 can ranch style beans (if you really like spice, try with jalapeno)
- 2 cups grated cheddar cheese
- 1 small package tortillas, cut in strips (corn or flour)

Brown ground beef and drain fat. Preheat oven to 350 degrees. Grease an 11" X 17" baking dish or use non-stick spray. Layer the dish with the tortillas. Add the beef, beans, tomatoes and chicken soup. Spread cheese over the top. Cover with aluminum foil and bake until hot and bubbly, about 30 — 40 minutes.

CHICKEN POT PIE

- 1 fryer chicken, cut up
- 1 medium onion, chopped
- 1 clove garlic
- 1 stick margarine
- 1 1/2 cups water
- 4 boiled eggs or 1 cup WIC eggs, baked
- 1 can cream of celery or cream of mushroom soup
- 1 - 16 oz. can mixed vegetables

Crust: 1 1/2 cup self-rising flour
1 cup milk
1 stick margarine, melted

Boil together chicken, onion, garlic, margarine, and water. Cook until chicken is done and is ready to fall off the bone (about 30 - 45 minutes). Let chicken cool; debone and chop. (This can be done ahead of time.) Save 1 1/2 cups of chicken broth from pot. If using WIC eggs, place in glass loaf pan and cook in 350 degree oven until set (approximately 45 minutes). Let cool and chop into pieces. In large bowl, mix chopped chicken, eggs, soup, and mixed vegetables. Put chicken mixture in pie shells or in a 9 x 13 inch pan. Stir together flour, margarine, and milk in a bowl for pie crust. Pour crust mixture over chicken mixture. Bake at 350 degrees for 45 minutes to 1 hour.

*LOW-FAT MEAL IDEA: A big salad with non-fat dressing completes this meal!

LOUISIANA WHITE OR RED BEANS WITH HAM

1 lb dried white or kidney beans
1 cup chopped onion
1/2 cup chopped bell peppers
1 cup sliced green onions
6 - 3" sausage links
black pepper
1/2 cup vegetable shortening
1 cup chopped celery
1/4 cup diced garlic
2 cups diced, smoked ham
1/2 cup chopped parsley
1/2 tsp salt

The cooking time of white and red beans will be cut about 1/3 if the beans are soaked overnight in cold water. This will help soften the outer shell. In a 4 quart sauce pan, heat oil over medium-high heat. Add onions, celery, bell peppers, garlic, 1 cup of green onions and smoked ham. Saute 3 – 5 minutes or until vegetables are wilted. Add sausage and beans. Blend well with vegetables and cook for 2 – 3 minutes. Add enough cold water to cover beans by approximately 2 inches. Bring to a rolling boil and allow to cook 30 minutes, stirring occasionally to avoid scorching. Reduce heat to simmer and cook approximately 1 hour or until beans are tender. Stir from time to time as beans will settle to the bottom of the pot as they cook. Add chopped parsley and additional cup of green onions. Season to taste using salt, pepper and other spices, if desired. Using metal spoon, mash approximately 1/3 of the beans against the side of the pot to make the dish creamy. Once beans are tender and creamy, they are ready to serve. In order for the maximum flavor to develop, this dish should be cooked one day before it is to be served. Serves 8.
For Low-Fat dish, see page 33

LOW-FAT LOUISIANA WHITE OR RED BEANS WITH HAM

Substitute the following:

1/4 cup oil for 1/2 cup vegetable shortening

6 - 3" links smoked sausages or 6 - 3" links low-fat, Andouille sausages

salt substitute for salt

Mix the same as recipe on page 32.

POTATO-HAM SCALLOP

6 medium-sized red potatoes

1 1/2 cups finely chopped, cooked ham

3/4 cup chopped onion

1 cup instant nonfat dry milk

3 tbsp flour

1 tsp salt

1/8 tsp pepper

1/4 cup cold water

1 3/4 cups boiling water

2 tbsp butter

Preheat oven to 350 degrees F. Pare and thinly slice potatoes. Place half of potatoes in buttered 2-quart rectangular baking dish. Sprinkle half of the ham and onion over potatoes; repeat. Combine dry milk, flour, salt and pepper; stir in cold water to form a smooth paste. Add butter to boiling water; stir until melted. Gradually stir boiling water mixture into paste. Pour over potato mixture. Bake 70 to 75 minutes. Makes 6 servings.

BAKED MACARONI AND CHEESE

1 - 12 oz package macaroni
1 egg
2 cups milk
2 tbsp butter, melted
2 1/2 cups shredded Cheddar cheese
salt and pepper to taste

Preheat oven to 350 degrees F. Lightly grease a 2-quart baking dish.
In a large pot of salted water, lightly boil the macaroni for about 5 minutes until half-cooked. Whisk the egg and milk together in a large cup. Add butter and cheese to the egg and milk. Stir well. Place the lightly cooked macaroni in the prepared baking dish. Pour the egg and cheese liquid over the macaroni, sprinkle with salt and pepper, and stir well. Press the mixture evenly around the baking dish. Bake uncovered, for about 30 to 40 minutes, or until the top is brown.

*LOW-FAT MEAL IDEA: Fresh sliced tomatoes and a serving of turnip greens make a tasty and healthy complement to oven fried chicken or macaroni and cheese.

**BALANCING ACT: Balance high fat main dishes with low or no fat side dishes. A garden salad with no-fat dressing, crispy crackers, fresh fruit and a cold glass of fruit juice mixed with ginger ale balances a high fat main dish for a low fat meal. It's m-m-m good!

CREAMY TUNA NOODLE CASSEROLE

6 oz (3 cups) medium egg noodles
2 6-7 oz. cans of tuna, drained
1 can evaporated milk
1 can cream of mushroom soup
1 can cream of celery soup
1 can sliced carrots, drained
1 can green peas, drained
salt and pepper to taste
6 slices American cheese

Cook noodles according to package directions; rinse, and drain.

In large sauce pan, heat evaporated milk. Mix in soups and pepper. Fold in tuna, vegetables and noodles. Place in greased casserole dish. Top with cheese.

Bake at 375 degrees for 17 - 20 minutes or until hot and bubbly.

BREAKFAST CASSEROLE

6 slices bread
6 eggs beaten
2 cups milk (low fat or whole)
1 lb sausage
1 1/2 cup shredded cheese
1 tsp salt

Butter bread lightly and place in a greased 9 x 13 pan and set aside.

Brown sausage and drain. Sprinkle sausage on bread, put cheese over sausage.

Combine eggs, milk and salt; pour over cheese. Cover and chill overnight.

Remove from refrigerator 15 minutes before baking. Bake at 350 degrees for 45 minutes or until set. Serves 8.

PORK CHOPS WITH AMBER RICE

6 pork chops (3/4 inch thick)
1 1/3 cups packaged, pre-cooked rice
1 can condensed, chicken-rice soup
salt and pepper
1 cup orange juice

Heat oven to 350 degrees. Brown pork chops in heavy skillet; season with salt and pepper. Place rice in 12 x 10 x 2 inch baking dish, pour orange juice over rice. Pour chicken rice soup over all. Cover and bake for 45 minutes. Uncover and bake 10 minutes longer. Makes six servings.

BAKED CHICKEN AND RICE

2 (10.75 oz) cans condensed, cream of mushroom soup
2 1/2 cups milk
1 1/2 cups uncooked, white rice
2 (4.5 oz) cans sliced mushrooms
2 (1 oz) packages dry onion soup mix
4 boneless chicken breasts, halved

Preheat oven to 350 degrees F. Mix cream of mushroom soup with milk. Reserve 1 cup of mixture. Combine remaining mixture with rice, undrained mushrooms and 1 envelope of dry onion soup mix. Spoon rice mixture into a 9 x 13 inch baking dish. Arrange chicken pieces on top. Pour reserved soup mixture over chicken and sprinkle with other envelope of onion soup mix. Cover tightly with aluminum foil and bake in preheated oven for 1 hour. Remove cover and bake for an additional 15 minutes. Let cool 10 minutes and serve.

EASY LASAGNA

2 lbs ground beef
1 1/2 cup water
1 box lasagna noodles (do not cook)
8 oz. Mozzarella cheese (grated)
8 oz. yellow cheese slices (American)
1 1/2 cup chopped onion
1 (32 oz.) jar of spaghetti sauce
1/2 cup Parmesan cheese
1 clove garlic, crushed

Brown beef and drain. Add garlic, onion, spaghetti sauce, and water. Put layer of sauce in bottom of 9 x 13 inch pan, layer uncooked noodles and then cheeses. Continue until all sauce is used. Sprinkle with Parmesan cheese. Cover tightly with foil and bake for 1 hour at 350 degrees. Let stand ten minutes before serving.

MEXICAN BEAN SOUP

1 1/2 cups dried pinto beans, cleaned and soaked
1 can (14 1/4 oz) chicken or vegetable broth
2 1/2 cups water
1 medium onion, chopped
1 medium carrot, peeled, halved, and sliced
6 oz diced ham
1 tbsp chopped jalapeno pepper
2 1/2 tsp chili powder
1 tsp ground cumin

Combine all of the ingredients in a 3-quart pot and bring to a boil over high heat. Reduce the heat to low, cover, and simmer, stirring occasionally, for about 2 hours, or until the beans are soft and the liquid is thick. Add a little more water during cooking if the soup begins to dry out. Ladle the soup into individual serving bowls, and serve hot. Good with cornbread or served over rice.

TUNA PATTIES

2 cans (6 oz) tuna fish, drained
1/4 cup onion, chopped
1/4 cup bell pepper, chopped
1 slice stale bread, cubed
1/4 cup dry oatmeal
1/2 cup liquid eggs
salt and pepper to taste
cajun or bay seasoning to taste (optional)
1/4 cup celery, chopped (optional)

Mix all ingredients into bowl until evenly mixed. Form mixture into patties. Cook in skillet sprayed with non-stick spray (for lower calorie patties) or with about 1/4 inch cooking oil in the bottom of the skillet. Turn once to brown on both sides. (Turn carefully as the tuna patties may fall apart easily). Serves 4 (3 oz portions).

GRILLED PEANUT BUTTER & BANANA SANDWICH

2 slices bread
1 banana
2 - 3 tbsp peanut butter
margarine

Place peeled banana in bowl or plate and mash with fork. Spread mashed banana on one piece of bread. Spread 2 - 3 tbsp peanut butter on the other piece of bread. Put sandwich together. Spread margarine on outside of sandwich. Heat skillet on medium heat. Grill each side of sandwich until golden brown. Serve hot.

HOPPIN' JOHN WITH CORN MUFFINS

1 pouch (6.5 oz) golden cornbread and muffin mix
1 egg
1 medium onion, coarsely chopped (1/2 cup)
2 medium tomatoes, chopped (1 1/2 cups)
1/3 cup milk
2 tbsp margarine, melted
1 medium bell pepper, coarsely chopped (1 cup)
2 cloves, finely chopped
1 tsp red pepper sauce
1 can (15-16 oz) black-eyed peas, undrained

Prepare and bake corn muffins as directed on package, using milk, margarine and egg; keep warm. While muffins are baking, spray 2-quart saucepan with cooking spray; heat over medium heat. Cook bell pepper, onion and garlic in saucepan about 5 minutes, stirring frequently, until onion is tender. Stir in remaining ingredients. Heat to boiling, reduce heat to medium. Cover and cook 5 minutes; remove from heat. Let stand covered 5 minutes. Split each muffin in half, and place on dinner plate. Spoon black-eyed pea mixture over muffins.

Preparation: 15 minutes;

Cook: 15 minutes; Stand: 5 minutes. 6 servings.

*LOW-FAT MEAL IDEA: Spread diet margarine thinly on sliced Italian (or regular) bread, and sprinkle with garlic powder, or minced, fresh garlic. Serve with a big, fresh garden salad and no-fat dressing for a low-fat Italian feast.

CHILI FOR ALL

1 lb red beans
*1 lb ground beef (can use ground pork, chicken, or turkey)
3 cloves garlic
1/2 cup bell pepper, chopped
1 medium onion, chopped
1 stalk celery, chopped
2 tsp Tony Chachere seasoning (or cajun seasoning)
1/2 tsp cumin
1 tsp oregano
3 tsp chili powder
1 tsp paprika
3 tbsp chili sauce or ketchup
1 tsp crushed red pepper
8 cups water

Soak red beans according to package. Brown ground beef in skillet; drain excess fat. Combine all ingredients in a crock pot. Simmer on low for 3 hours. Stir occasionally to prevent scorching. Serving tips: top with cheese and/or sour cream.

*Vegetarian version: use only 1 lb red beans and no meat.

* LOW-FAT MEAL IDEA: Serve with green beans and hot cooked rice. Whole wheat toast with a big glass of cold skim milk completes the meal.

GOOD OLD PARTY MIX

- 6 tbsp butter
- 1 tsp season salt
- 2 1/2 tsp soy sauce
- 1/4 tsp onion powder
- 2 cups corn chex
- 2 cups rice chex
- 2 cups wheat chex
- 1 cup pretzel sticks
- 1 cup salted nuts (any kind)

Melt butter and add soy sauce. Mix all chex in cake pan with pretzels and nuts. Bake at 300 degrees.

SLOPPY JOE'S

- 3 lb ground beef
- 1 medium onion, chopped
- 1 cup celery, chopped
- 1 can tomato soup, undiluted
- 1 cup ketchup
- 1 tsp salt
- 1/8 tsp pepper

Brown meat, onions, and celery in a large skillet. Drain off excess grease. Stir in soup, ketchup, salt, and pepper. Simmer 30 minutes. Serve on hamburger buns with a slice of cheese and/or your favorite pickle.

This recipe freezes well. Great for days when you don't have time to cook. Old butter tubs or sour cream containers make excellent freezer containers when washed out.

MEAT LOAF

Meat mixture:

- 1/2 cup WIC eggs or 2 eggs, beaten
- 3/4 cup milk
- 2/3 cup dry oatmeal or bread crumbs
- 2 tbsp grated onion
- 1 tsp salt
- dash pepper
- 1 1/2 lb ground beef

Sauce for top:

- 1/4 cup ketchup
- 2 tbsp brown sugar
- 1 tsp dry mustard
- 1/4 tsp nutmeg

Combine all ingredients for meat mixture in a bowl. Put meat mixture in a loaf dish. Bake at 350 degrees for 1 hour. Mix sauce for top while meat loaf is baking. When meat loaf is done, take out and put sauce on top. Cook for 15 minutes. (Leftovers make great meat loaf sandwiches)

BAKED MUSHROOM THIGHS

Prep Time: 15 minutes

Cook Time: 45 minutes

Makes 4 servings

- 8 chicken thighs
- 1 (10.75 oz) can condensed cream of mushroom soup
- 1 (10.75 oz) can evaporated milk
- 1 tsp dried parsley
- 1/2 tsp onion powder
- 1 cup dry bread crumbs
- 2 tbsp melted butter
- 1 tsp cornstarch

Preheat oven to 350 degrees F. In a medium bowl, combine the soup, milk, parsley and onion powder. Mix well. Place bread crumbs in a shallow dish or bowl; dip chicken thighs in soup mixture, then in crumbs, and place coated pieces in a lightly greased 9 x 13 inch baking dish. Drizzle with melted butter and bake at 350 degrees F for 45 minutes, or until chicken is nicely browned and cooked through (juices run clear). Meanwhile, place remaining soup mixture in a small saucepan over low heat. Stir cornstarch to thicken, and cook over low heat until heated through. Use this as a sauce when chicken is done.



SNACKS & DESSERTS

PEANUT BUTTER COOKIES

2 cups all-purpose flour, sifted
1/4 tsp baking soda
1/2 tsp baking powder
1/4 tsp salt
1/2 cup margarine
1/2 cup peanut butter
1/2 cup brown sugar, packed well
1/4 cup liquid eggs
1/4 cup orange juice

Sift flour, baking powder, baking soda and salt. Beat margarine, peanut butter and brown sugar in a large bowl until fluffy. Beat in egg. Stir in flour mixture alternately with orange juice, blending well to make a stiff dough. Chill. Preheat oven to 375 degrees. Shape dough, a teaspoon at a time, into balls. Place 3 inches apart on an ungreased cookie sheet. Flatten criss-cross fashion with a fork. Bake for 11-12 minutes or until golden. Makes 5 dozen cookies.

APPLE BETTY

4 cups sliced pared tart apples or 1 (1lb 2 oz) can pie-sliced apples, drained
1/2 tsp ground cinnamon
1/2 cup butter
1/4 cup orange juice
1 cup sugar
3/4 cup all-purpose flour, sifted
1/4 tsp ground nutmeg

Mound apples in buttered 9 inch pie plate; sprinkle with orange juice. Combine sugar, flour, spices, and a dash of salt; cut in butter till mixture is crumbly; sprinkle over apples. Bake at 375 degrees for 45 minutes until apples are tender and topping is crisp. Serve warm. Serves 6.

PUMPKIN SPICE COOKIES

8 oz can pumpkin
1/2 cup liquid eggs
2 tsp baking powder (unsalted)
2 oz margarine (unsalted)
3/4 cup raisins
1 1/2 cups orange juice
1 1/2 cups all purpose flour
1/2 cup brown sugar
1 tsp pumpkin pie spice

In a large bowl, sift the flour and the baking powder together. Cut margarine into the flour mixture and blend in the orange juice. Mix the brown sugar and the liquid eggs together. Add to the batter. Stir in pumpkin pie spice and raisins. Mix well. Drop rounded teaspoons onto ungreased cookie sheet. Place in a 400 degree preheated oven. Bake for 15-18 minutes. Makes 18 cookies.

NUGGETS

1 cup cereal (example-Cheerios)
1/4 cup sunflower seeds
1 tbsp honey
1/4 cup raisins
6 tbsp peanut butter
1 tbsp non-fat dry milk

Mix all ingredients in a food processor until blended. Roll into balls, about 1 1/2" diameter each. Cover and refrigerate for 25-30 minutes. Makes 18 servings.

ORANGE CRISPS

1/2 cup shortening
1/2 cup granulated sugar
1/2 cup brown sugar (packed)
1 tbsp orange juice
2 1/2 cups flour*
1/4 tsp salt
1/2 cup butter or margarine, softened
1 - 2 tsp grated orange peels
1 egg
1/4 tsp baking soda

Heat oven to 375 degrees. Cream shortening, butter and sugars. Blend in remaining ingredients. Fill cookie press with 1/4 of dough at a time; form desired shapes on ungreased baking sheet. Bake 10 - 12 minutes or until light brown on edges. Makes 6 dozen 2 inch cookies.

*If using self-rising flour, omit soda and salt.

Variation: Lemon Crisps: Substitute 1 - 2 tsp grated lemon peel and 1 tbsp lemon juice for the orange peel and juice.

EASY FRUIT COBBLER

4 oz butter or margarine (1 stick)
1 cup sugar
1 cup flour
1 tsp baking powder
3/4 cup milk
1 can fruit pie filling

Melt butter in 8 x 8 x 2 inch pan. Mix all other ingredients except fruit pie filling in separate bowl. Pour this over the butter. Add fruit pie fruit filling last. Bake at 350 degrees for 45 to 60 minutes or until crust is golden brown. Serves 8.

RICE CUSTARD

8 eggs or 1 1/2 cups liquid eggs
1 cup sugar
1-2 tsp ground cinnamon
1/2 tsp salt
2 tbsp sweet butter or margarine, melted
3 cups milk
2 tsp vanilla extract
1/2 tsp ground nutmeg
5 cups cooked rice
1 cup raisins (optional)

Preheat oven to 350 degrees. Butter 2 quart casserole. Beat eggs with milk, sugar, vanilla extract, cinnamon, nutmeg, and salt. Stir in rice, butter and raisins. Pour into prepared casserole; set pan in 1 1/2 inch boiling water. Bake uncovered 20 minutes; stir, then bake 50 to 60 minutes longer until firm in center. Serves 6-8.

*Smarter snack: For a cool and refreshing summer treat, try freezing fruits like grapes, berries, bananas or peach slices. Chop or slice fruit if necessary and lay the pieces on a cookie sheet so they'll freeze individually. Transfer frozen fruits to airtight containers and keep them stored in the freezer.

LOUISIANA CREAM PRALINES

1 lb (2 cups firmly packed) brown sugar
1 tbsp butter
1/8 tsp salt
3/4 cup evaporated milk
2 cups pecan halves

Mix sugar, salt, evaporated milk and butter in 2 - quart saucepan. Cook and stir over low heat until sugar dissolves. Add pecans. Cook over medium heat to soft ball state, stirring constantly. Remove from heat. Cool 5 minutes. Stir rapidly until mixture begins to thicken and coat pecans lightly. Drop quickly from a teaspoon on to aluminum foil or lightly buttered baking sheet. Cool until set. Makes 3 dozen.

Note: If mixture stiffens and loses shine, stir in a few drops of hot water until correct consistency.

SNACK-A-DOODLES

3 cups Life cereal
2 cups Tasteeos cereal
2 cups pretzel sticks
1 cup raisins
2 cups honey roasted peanuts

Combine all ingredients and enjoy. Makes 10 – 1 cup servings.

CARAMEL CRUNCH BARS

32 caramels
2/3 cup evaporated milk
1/2 cup packed brown sugar
1/4 tsp salt
1 cup semi-sweet chocolate pieces
1 cup flour
3/4 cup uncooked oats

Melt caramels with evaporated milk in heavy saucepan over low heat. Stir together flour, oats, sugar, baking soda and salt. Cut in butter until mixture resembles coarse crumbs. Reserve 1 cup. Press remaining crumb mixture on bottom of greased 13 x 9 inch baking pan. Bake at 350 degrees for 12 minutes. Sprinkle chocolate pieces over baked crust. Spread caramel mixture evenly over chocolate pieces. Sprinkle reserved crumb mixture over top. Bake 20 minutes longer. Remove from oven. Chill until cooled, about 2 hours. Cut into bars. Makes 24 bars.

PEANUT BUTTER CRUNCHIES

3 cups sugar
1 1/2 cups dark corn syrup
3 cups peanut butter
15 cups cornflakes

Combine sugar and syrup; bring to a boil stirring constantly. Remove from heat. Add peanut butter and cornflakes. Mix well. Spread mixture onto a greased cookie sheet. Cut into squares.

FROZEN PEANUT BUTTER PIE

1 cup creamy peanut butter
1 - 8 oz package cream cheese, softened
1/3 cup sugar
1/2 cup milk
1 1/2 cups thawed whipped topping
1 prepared graham cracker crumb crust (6 in or 9 in)

Beat peanut butter, cream cheese and sugar in small bowl with electric mixer on low speed until well blended. Gradually beat in milk. Stir in whipped topping gently. Spoon into crust.

PEANUT BUTTER RAISIN COOKIES

4 cups all-purpose flour
3/4 cup non-fat dry milk
2 2/3 tsp baking powder
1 tbsp cinnamon
1 1/2 tsp salt
2 cups raisins, chopped
1 cup shortening softened
2 1/2 cups sugar
1 1/4 cup peanut butter
3/4 cup liquid eggs
1 1/3 tbsp vanilla

Mix dry ingredients except sugar. Mix in raisins. Mix shortening, sugar and peanut butter until well blended. Add eggs and mix well. Add half of dry ingredients and liquids to peanut butter mixture. Mix well. Add the remaining dry ingredients and liquids. Mix well. Drop rounded tsp of dough onto greased pans. Press each cookie flat. Bake at 375 degrees for 12 minutes or until golden brown. Recipe may be halved. Makes 116 cookies.

ORANGE MALLOW

32 large marshmallows or 3 cups miniature marshmallows
1 cup chilled whipping cream or 1 envelope (about 2 oz) dessert topping mix
1 tsp grated orange peel
2/3 cup orange juice

Stir together marshmallows, orange peel, and juice in saucepan. Cook over medium heat, stirring constantly, until marshmallows are melted. Chill until thickened. In chilled bowl, beat cream until stiff. (If using dessert topping mix, prepare as directed on package.) Blend in marshmallow mixture. Pour into 8 x 8 x 2 inch square pan. Freeze about 4 hours or until firm. Serves 9.

NO BAKE CHOCOLATE OATMEAL COOKIES

1 stick margarine
1/2 cup milk
2 cups sugar
1 cup chocolate chips
3-4 tbsp peanut butter, (optional)
3 cups oatmeal
1 tsp vanilla extract

Place chocolate chips, peanut butter (if used), oatmeal and vanilla in a large mixing bowl. Combine the margarine, milk, and sugar in a saucepan; bring to a rolling boil. Boil for 1 minute. Combine the hot mixture with the oatmeal mixture; stir well. Drop by spoonfuls onto wax paper.

PEACH CAKE

2 1/4 cups (29 oz can) canned peaches, drained and chopped
1/2 cup sugar
1 cup flour
1 egg
1 tsp baking soda
2 tbsp vegetable oil
1 tsp vanilla
2 tbsp brown sugar, firmly packed
2 tsp whole milk

Preheat oven to 350 degrees. Lightly grease 8 x 8 inch pan. Spread peaches in baking pan. Mix remaining ingredients, except brown sugar and milk, together in mixing bowl; spread over top of peaches. Bake until toothpick inserted into cake comes out clean, about 30 to 35 minutes.
For topping, combine brown sugar and milk in small bowl.
Drizzle mixture on top of cake; return cake to oven, and bake for 2 – 3 minutes. Cut into 8 pieces.

ORANGE GELATIN SALAD

3 1/4 oz packages gelatin
2 1/4 cups cold water
3/4 cup orange juice concentrate

Preparation time: 5 minutes
Cooking time: 3 - 4 minutes

Place water in a saucepan; sprinkle gelatin over water. Let stand 2 minutes. Heat gelatin mixture until it dissolves (mixture will be clear), about 3 - 4 minutes. Remove from heat; add orange juice concentrate and mix. Pour into 9 x 9 inch pan and refrigerate until firm, about 2 to 3 hours. Cut into 1 inch squares.

OLD-FASHIONED BREAD PUDDING

2 cups milk
3 eggs, beaten
1/3 cup sugar
1/2 tsp salt
1/2 tsp vanilla extract
4 slices white bread, with crust
1 tsp cinnamon
dash nutmeg
1/2 cup raisins (optional)

Heat milk over low heat until hot, but not boiling. In a bowl, combine eggs, sugar and salt; stir well. Gradually stir about 1/4 of the hot milk into the egg mixture. Add remaining milk, stirring constantly. Stir in vanilla. Place bread slices in buttered baking dish (about 2-quart size). Sprinkle raisins, (if used) over bread. Pour the milk mixture over bread. Combine cinnamon and nutmeg and sprinkle over the pudding mixture. Bake uncovered, at 300 degrees for about 50 minutes, or until a knife inserted in the center comes out clean. Serves 6.

NO BAKE CHERRY CHEESE SQUARES

- 1 1/4 cup butter or margarine, melted
- 1 8 oz package cream cheese, softened
- 1 cup confectioner's sugar
- 1/2 tsp vanilla extract
- 1 cup whipping cream, chilled
- 1 can cherry pie filling

Combine graham cracker crumbs and melted butter and press into an 8 x 8 inch pan or glass dish; chill. Beat the cream cheese until fluffy; add confectioner's sugar and vanilla and beat until smooth. Whip cream and fold into the cream cheese mixture. Spread on chilled graham cracker crust and spoon cherry pie filling over all. Cover with wax paper and put in freezer. Before frozen, cut into squares; return to freezer. Remove whole dish or individual squares from freezer 25 to 30 minutes before serving. May store in refrigerator.

RAISIN PEANUT BARS

- 2 tbsp margarine
- 1/2 cup sugar
- 1/4 cup honey
- 2 cups corn flakes cereal
- 1 cup raisins
- 1/3 cup chopped, unsalted peanuts
- vegetable cooking spray

In medium-sized sauce pan, combine margarine, sugar, and honey. Bring to boil over medium heat, stirring constantly. Reduce heat and simmer 3 minutes, stirring constantly. Remove from heat. Stir in corn flakes cereal, raisins and peanuts. Press into a 9 x 9 x 2-inch pan coated with cooking spray. Let stand or chill until firm. Store, tightly covered, at room temperature. Makes 27 bars.

TEXAS BROWNIES

2 cups all-purpose flour
1/2 cup (1 stick) butter or margarine
1 cup strong brewed coffee or water
1/2 cup buttermilk
1 tsp baking soda
2 cups granulated sugar
1/2 cup shortening
1/4 cup dark, unsweetened cocoa
2 eggs
1 tsp vanilla

FROSTING:

1/2 cup (1 stick) butter or margarine
1/4 cup milk
1 tsp vanilla
2 tbsp dark cocoa
3 1/2 cups powdered sugar

Tip: If you don't have buttermilk on hand, mix 2 tsp vinegar or lemon juice, into 1/2 cup milk, or use powdered buttermilk, and mix according to package directions.

In a large mixing bowl, combine flour and sugar. In heavy saucepan, combine butter, shortening, coffee or water and cocoa. Stir and heat to boiling. Pour boiling mixture over the flour and sugar in the bowl. Add the buttermilk, eggs, baking soda and vanilla. Mix well, using a wooden spoon or an electric mixer at high speed. Pour into a well buttered 17" X 11" jelly roll pan. Bake at 400 degrees for 20 minutes or until brownies test done in the center. While brownies bake, prepare the frosting. In a saucepan, combine the butter, cocoa and milk. Heat to boiling, stirring. Mix in the powdered sugar and vanilla.

TEXAS BROWNIES continued

Microwave instructions: In a large bowl, combine the flour and sugar. In a microwave-safe dish, combine butter, shortening, coffee or water and cocoa. Microwave at high power for 2 minutes or until just boiling. Pour boiling mixture over flour mixture. Stir to blend. Add buttermilk, eggs, baking soda and vanilla. Mix well. Pour mixture into a microwave safe 9 x 11 inch baking dish. Microwave at medium high power for 18 minutes, turning dish every 4 to 5 minutes until brownies test done. They may still appear soft on the surface. Prepare frosting: In a microwave safe dish, combine the butter, cocoa, and milk. Microwave at high power for 2 minutes, stirring once. Add powdered sugar and vanilla. Stir to blend. Pour warm frosting over hot brownies. Let cool. Cut into bars.

BARS OF IRON

3 tbsp margarine
1/4 cup sugar
1/4 cup molasses
2 tbsp dry eggs
1 tbsp dry milk
1/2 cup flour
1/4 tsp baking soda
1 tsp baking powder
1/4 tsp salt
3 tbsp water
1/4 cup raisins
1 cup crushed WIC cereal

Beat together margarine, sugar, molasses, and dry eggs. Mix together dry milk, flour, baking soda, baking powder, and salt. Add to first mixture alternately with water, stirring until smooth. Mix in raisins and cereal. Spread evenly in 8 x 8 inch baking pan or large pie plate. Bake in 350 degree oven for 20 minutes. Cool and cut into 18 bars.

Oatmeal Cookies

3/4 cup sugar
2 tbsp margarine
1 egg
1/4 cup applesauce
2 tbsp 1% low-fat milk
1 cup flour
1/4 tsp baking soda
1/2 tsp ground cinnamon
1 cup + 2 tbsp quick rolled oats

Preheat oven to 350 degrees and lightly grease cookie sheets. In a large bowl, use an electric mixer on medium speed to mix sugar and margarine. Mix until well blended, about 3 minutes. Slowly add egg; mix on medium speed 1 minute. Gradually add applesauce and milk; mix on medium speed 1 minute. Scrape sides of bowl.

In another bowl, combine flour, baking soda, and cinnamon. Slowly add to applesauce mixture; mix on low speed until blended, about 2 minutes. Add oats and blend 30 seconds on low speed. Scrape sides of bowl. Drop by teaspoon onto cookie sheet, about 2 inches apart. Bake until lightly browned, about 13 to 15 minutes. Remove from baking sheet while still warm. Cool on wire rack.

CHOCOLATE RICE PUDDING

1 quart whole milk
2/3 cup white rice, uncooked
1/2 cup sugar
1/4 cup semi-sweet chocolate chips
2 eggs
1/2 cup evaporated milk
1/2 cup sugar
1 1/2 tbsp flour
1 tsp vanilla

Preparation time: 15 minutes

Cooking time: 30 - 35 minutes

Place milk, rice, and sugar in large sauce pan. Simmer over medium heat; stir continuously. Reduce heat to low; simmer uncovered until rice is tender, about 25 minutes. Check to make sure rice doesn't scorch. Add chocolate and stir until melted. Beat eggs, evaporated milk, sugar, flour, and vanilla in medium bowl until smooth. Gradually beat egg mixture into rice mixture. Stir continuously; cook over medium heat until thickened, about 5 to 7 minutes. Do not allow pudding to boil. Pour pudding into medium bowl. Cover and chill.

Making the most of your food \$\$\$: Plan meals first, then make a shopping list. Use your list to save trips to the grocery store and to help you avoid buying items you really don't need. Avoid shopping when you're tired, hungry or rushed. Use coupons for products you usually buy. Stock up on store specials in reasonable amounts. Make sure convenience foods are worthwhile buys. Some packaged mixes, canned vegetables, and frozen juice concentrates are good buys, but others (frozen dinners) cost much more than home-prepared versions.

RICE PUDDING

1 cup whole milk
1 cup water
1 cup rice, uncooked
2 eggs
1 cup evaporated milk
1 tsp vanilla extract
1/4 cup sugar
1/8 tsp ground cinnamon

In sauce pan, heat milk and water. Add rice, bring to a boil. Lower heat to simmer; stir mixture every 10 minutes. Cook uncovered until rice is tender, about 30 minutes. In large bowl, mix eggs, 3/4 cup evaporated milk, vanilla, and sugar. Set aside. Add remaining 1/4 cup evaporated milk to rice mixture. Spoon 1 cup of rice mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice. Heat pudding until it boils, stirring continuously. Remove from heat and sprinkle with cinnamon.

PEACH-APPLE CRISP

20 oz canned, sliced peaches, drained
2 medium apples, tart, peeled, sliced
1/4 tsp ground cinnamon
3 3/4 tbsp flour
1/4 cup brown sugar, packed
3 tbsp margarine, chilled

Preheat oven to 350 degrees. Lightly grease 9 x 9 x 2-inch casserole dish. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish. Combine flour and sugar in small bowl. Cut in margarine with two knives until the mixture resembles coarse meal. Sprinkle flour mixture evenly over fruit. Bake until lightly browned and bubbly, about 20 minutes.



SIDE DISHES

BROCCOLI AND RICE

1- 10 oz package broccoli, thawed and cooked
1 can cream-style corn, no salt added
8 oz processed cheese
1/2 cup milk
parsley
1 small onion, diced and cooked
2 cups cooked rice
1 can cream of mushroom or cream of chicken soup, reduced sodium

Cook broccoli and onion together and drain well. Add 2 cups of cooked rice. In a separate pan, mix together cream-style corn, cheese, milk and soup. Heat just until cheese melts; add to the broccoli and rice mixture. Pour into baking dish sprayed with non-stick cooking spray. Sprinkle with parsley and bake in a 350 degree oven for 30 minutes, or until bubbly. Serves 12.

CHEESE GRITS

2 cups water
1 cup grits
1/2 tsp salt
1/4 cup dry milk
1/2 cup liquid eggs
1 cup grated cheese
1 clove garlic or garlic powder (optional)

Cook grits with salt according to directions. Stir in dry milk, eggs and cheese. Pour into greased baking dish. Bake at 350 degrees for 30 - 40 minutes or until knife inserted in center comes out clean.

SPINACH MARGUERITE

2 - 10 oz packages frozen spinach, thawed
1/2 cup chopped celery
1/4 cup diced garlic
1/2 cup flour
1/2 cup diced tomatoes
1/4 cup finely diced jalapeno peppers
black pepper
1 tbsp margarine
1/2 cup chopped onions
1/2 cup chopped bell pepper
1 cup finely chopped lean ham
2 1/2 cups evaporated milk
1/2 cup grated cheddar cheese
salt
hot sauce

Preheat oven to 375 degrees. In a 4 quart sauce pan, melt margarine over medium high heat. Add onions, celery, bell pepper, garlic and chopped ham. Saute 3 - 5 minutes or until vegetables are wilted. Sprinkle in flour and, using a wire whisk, stir constantly until white roux is achieved. Do not brown. Slowly add milk, stirring constantly until all is incorporated. Add tomatoes, cheddar cheese and jalapeno peppers. Continue cooking for an additional 5 - 10 minutes, stirring constantly, as mixture will tend to stick. Add a small amount of milk should mixture become too thick. Season to taste using salt, pepper and hot sauce. Remove from heat and add spinach, stirring well into the seasoned white sauce. Place mixture in baking dish, cover and bake until bubbly, approximately 20 - 25 minutes. Serve immediately. This spinach casserole doubles nicely as a hot hors d'oeuvre when served with garlic croutons. Serves 6.

BROCCOLI CHEESE CASSEROLE

1 package (10 oz) frozen, cut broccoli
2 tbsp flour
1/2 stick melted butter
1 1/4 cups liquid eggs
1 lb cottage cheese
1 tsp salt
1/4 pound cheddar cheese, grated

In medium-size bowl, mix flour with cottage cheese. Add other ingredients and blend well. Bake at 350 degrees for 1 hour. Serves 8.

BAKED CHEESE GRITS

4 cups water
1 tsp salt
1 cup quick grits
3 tbsp flour
3 tbsp butter or margarine
3 cups grated cheese
2 eggs, beaten

Put water and salt in pan. Bring to a boil. Slowly add grits, stirring as you add. Let water return to a boil, lower heat, and cook for 5 minutes. Stir occasionally. Remove from heat; add flour and butter and stir until well blended. Add cheese and stir until the cheese is melted. Add a little hot cheese mixture to eggs and stir. Add this to remaining hot cheese and stir until well blended. Pour into greased 1 1/2 quart baking dish. Bake at 350 degrees for 30 - 40 minutes or until mixture is firm. Serve hot.

CHEESE CASSEROLE

6 slices bread
2 tbsp butter or margarine
1 1/2 cups cheese, cut into small pieces
1 1/2 cups medium onion, chopped
3 eggs, well beaten
3 cups milk
1 tbsp mustard
3/4 tsp salt
1/8 tsp pepper

Grease a baking pan with oil or coat pan with cooking spray. Spread bread with butter or margarine. Cut each piece of bread into 4 pieces. Put bread in bottom of pan. Sprinkle cheese over bread. Sprinkle onion over cheese. Add together beaten eggs, milk, mustard, salt, and pepper. Stir well. Pour milk and egg mixture into pan. Bake at 325 degrees for 40 minutes. Makes 6 servings.

OKRA AND TOMATO CREOLE

8 cups sliced fresh okra (2 lbs)
1 cup chopped onion
3/4 cup chopped bell pepper
1 tsp red pepper
2 cups peeled and chopped fresh tomatoes
3/4 tsp salt

Spray a 4-quart dish with vegetable oil cooking spray. Combine all ingredients. Bake at 350 degrees uncovered for 1 hour. Stir about 3 times while baking. Serves 10.

FRIED RICE

- 1 cup sliced green onions
- 2 tbsp vegetable oil
- 3 cups cooked rice
- 2 tbsp soy sauce

Cook green onions until tender. Add rice and cook, stirring constantly, until rice is thoroughly heated. Stir in soy sauce. Makes 6 1/2 cup servings.

GREEN BEAN CASSEROLE

- 2 - 16 oz bags of frozen, cut green beans
- 1/2 can cream of celery soup
- 1 1/4 cup crushed crackers
- 1 can cream of mushroom soup
- 1 1/2 tsp black pepper
- 1/2 tsp salt

Cook green beans according to package with salt or salt substitute until nearly tender. Combine with soup and pepper and place in a baking dish. Cover with cracker crumbs and spray with butter spray. Bake at 325 degrees until topping is browned. (1/2 cup of low-fat cheese can be added to the recipe.) Makes 8 servings.

CORN PUDDING

1- 16 oz bag frozen, cut corn
1 1/2 cups milk (whole or 2%)
1/4 tsp salt
1/2 cup liquid eggs
1/4 cup sugar

Pour all ingredients into blender. Blend until slushy. Pour into a 2 quart casserole dish which has been sprayed with vegetable oil cooking spray. Bake in 350 degree oven in a pan of hot water (like cooking custard) for 1 1/4 hours or until a knife inserted comes out clean. For a somewhat richer flavor without adding fat, use evaporated skim milk in place of the fresh skim milk. Serves 8.

CHEESY RICE BAKE

2 1/2 cups water
1 chicken bouillon cube
1 1/2 cups cubed, processed, American cheese
1/2 tsp salt
1 cup uncooked, long grain rice
1 can cream of chicken soup
1- 5 oz can evaporated milk
paprika
3/4 cup chopped pimentos

Heat water, rice and bouillon cube to a boil. Stir to dissolve cube. Cover and cook over low heat 20 to 25 minutes or until rice is tender. Remove cover. Continue to cook 4 to 5 minutes or until rice is dry and fluffy. Add soup, cheese, evaporated milk, pimentos and salt. Mix well. Pour into greased 1 1/2 quart baking dish. Sprinkle with paprika. Bake at 350 degrees for 25 - 35 minutes or until bubbly.

MEXICAN CORN

3 cups frozen corn
1 1/2 cup salsa or picante sauce
3 tsp lime juice

Cook corn as usual. Drain if necessary, and place in serving dish or original pan with salsa and lime juice. Stir to combine well and serve. Makes 4 servings.

SNAPPY CARROTS

3 cups julienne cut carrots
1 tsp sugar
2 tsp chicken bouillon granules
1 cup onion
1 tsp basil
water to cover carrots

Spray iron skillet with non-stick cooking spray. Add carrots and stir fry until tender crisp. Add water, sugar, basil, bouillon and onions. Cook until all water is absorbed. Makes 6 servings.

CORN, RICE AND CHEESE CASSEROLE

3 cups cooked rice
1-10 oz package frozen corn, thawed
1/2 cup milk
1/2 tsp salt
1/4 tsp paprika
2 cups grated cheese
2 eggs
1 small onion, chopped
1/4 tsp pepper

Mix first 8 ingredients together. Put in greased baking dish, sprinkle with paprika and bake at 350 degrees for 40 - 45 minutes.

CRUNCHY POTATO BAKE

1/2 cup instant, non-fat dry milk
1/2 cup water
1 egg, beaten
3 cups mashed potatoes
1 1/2 tsp salt
1/4 cup finely chopped onion
dash pepper
1 cup corn flakes
3 tsp melted butter

Preheat oven to 375 degrees F. Whip non-fat dry milk with water and egg. Mix in potatoes, salt, onion and pepper. Beat until light and fluffy. Spread in buttered baking dish. Mix cornflakes with melted butter and spread over top. Bake 20 - 25 minutes. Makes 6 - 8 servings. May drop mixture on cookie sheet, sprinkle with crumbs and bake as individual servings.

BAKED CORN CASSEROLE

1 - 15oz can cream style-corn
3/4 cup liquid eggs
1/2 cup grated Swiss cheese
1/4 chopped parsley
1 tbsp lite margarine, melted
cayenne pepper
1/2 cup Parmesan cheese
2 - 15oz cans whole kernel corn, drained
1/4 cup corn meal
1 cup sliced green onions
salt and pepper to taste
vegetable spray

Preheat oven to 325 degrees. In a large mixing bowl, combine cream-style corn, whole corn and egg substitute. Using a wooden spoon, blend well to incorporate all ingredients. Add swiss cheese and corn meal, mixing well after each addition. Fold in parsley, green onions and margarine. Season to taste using salt and pepper. Pour contents into a 2-quart casserole dish coated with vegetable spray. Sprinkle with parmesan cheese and bake, covered, 40 - 45 minutes. Remove cover and brown slightly. Serves 6.

CHEESY VEGETABLE CASSEROLE

1/2 lb American cheese
1 bag (16 oz) frozen vegetable blend containing broccoli, cauliflower,
and carrots, thawed and drained
1/2 cup butter or margarine
1 cup (about 30) crushed, butter crackers

Cut cheese into cubes. Place in a saucepan with 1/4 cup butter. Heat over medium heat until melted and smooth, stirring often. Place vegetables in a 1-quart casserole dish. Pour over cheese mixture and mix well. Melt remaining butter. Stir in cracker crumbs. Sprinkle over top of casserole. Bake, uncovered at 350 degrees for 20 - 25 minutes. Serve at once. Serves 4

For microwave: Cut cheese into chunks. Place in a microwave-safe 1-quart casserole dish with 1/4 cup butter. Microwave at medium-high power for about 4 minutes or until melted. Stir every 1 1/4 minutes. Add vegetables to casserole and mix. Melt remaining butter in a bowl at high power for 30 seconds. Stir in cracker crumbs. Sprinkle buttered crumbs over casserole. Microwave at medium-high power, uncovered, for about 10 minutes, rotating 1/2 turn after 6 minutes. Let stand 2 to 3 minutes before serving. Remember: If you want to substitute fresh vegetables for the frozen, you will need about 2 1/2 cups. The vegetables should be cleaned, cut into pieces, and blanched before adding to the cheese sauce. When melting the cheese, both in the microwave oven and on the stove, be sure not to overcook or use high heat. Overcooked cheese will be tough, stringy, oily, and may crust on the pan.

CHEDDAR CORN CHOWDER

2 1/2 cups water
1 cup sliced carrots
1/2 cup sliced celery
1 1/2 tsp salt
1/4 cup margarine
2 cups milk
1 1/2 cups chopped potatoes
1/4 cup chopped onion
1/4 tsp pepper
1/4 cup flour
2 1/2 cups shredded, cheddar cheese
1 - 16oz can cream-style corn

Combine water, potatoes, carrots, celery, onion, salt, and pepper in a large saucepan. Cover; bring to a boil. Simmer 10 minutes or until vegetables are tender. Melt margarine in a separate saucepan. Stir in flour and cook until bubbly. Gradually add milk, stirring constantly. Bring to a boil; cook one minute. Add cheese and stir until melted. Gradually add cheese mixture to soup, stirring constantly. Stir in corn. Makes 6 servings.

Cheese is a good source of calcium and protein. If you are on a special diet, remember that processed cheese has about twice as much sodium (salt) as does cheddar cheese, but the same amount of fat.

- LOW FAT MEAL IDEA: • Substitute spinach and kale for iceberg lettuce in salads for a change that includes more vitamins and minerals!
- Steam your vegetables. Buy an inexpensive steamer or improvise with a colander set over a pot of boiling water. Cover while steaming.

- LOW FAT MEAL IDEA: Eat the outer leaves of lettuce and cabbage. Though not as pretty as the inner leaves, they contain more vitamins.

- VEGGIES — The Main Event:
 - Stir fried veggies are fast, flavorful and nutritious on a bed of hot brown rice, whole-grain bulgur or couscous.
 - For a delicious change of pace, include fruits like pineapple, mango, papaya, kiwi, or starfruit in your diet. Don't forget vegetables when grilling. Firm, ripe produce works best for barbecues-try eggplant, leeks, green and red peppers, mushrooms, green and yellow squash or corn. Pre-cook denser types like carrots, potatoes, and sweet potatoes before grilling. To prevent sticking, lightly baste veggies with vegetable oil or a non-stick spray. If desired, season with herbs (dill, thyme, rosemary, oregano) or other flavoring (reduced-sodium soy sauce, low-oil marinades, vinegars). Grill until hot, tender and slightly golden.
 - Cook up a big pot of soup or stew. Hot vegetable and bean soups are full of comfort and nutrition and the leftovers last for many meals.

LOW FAT MEAL IDEA: Quick-cook your vegetables. Over boiling cooks out their vitamins. Vegetables should be crunchy when you bite into them, not soggy. 3 - 5 servings of vegetables is what is needed to balance out the day.

LEMON GREEN BEANS WITH WALNUTS

Prep time: 15 minutes

Cook time: 15 minutes

1 lb green beans, trimmed and cut into 2 inch pieces

1 lemon, juiced and zested

2 tbsp and 1 1/2 tsp unsalted butter

salt and pepper to taste

1/2 cup toasted walnuts, chopped

Place green beans in steamer basket, cover and steam until bright green. Can steam longer (8 - 15 minutes) for personal taste. After beans are cooked, place in a medium-sized bowl and toss with butter, lemon juice and lemon zest. Season with salt and pepper if desired. Transfer beans to a serving dish and sprinkle with toasted walnuts. Serve immediately. Makes 4 servings.

FRIED GREEN TOMATOES

5 green tomatoes, sliced

1 cup cornmeal

1/2 cup vegetable oil

salt and pepper to taste

Wash and dry each tomato slice. Sprinkle cornmeal on a piece of wax paper or a large, flat surface. Dip each tomato slice into the cornmeal and pat gently until cornmeal covers the surface; turn slice over and coat the other side. Heat the oil in a large frying pan over medium heat. Add tomato slices, and fry for 2 - 3 minutes on each side, until golden brown. Season with salt and pepper to taste. Serve hot. Makes 4 servings.

SCALLOPED POTATOES

Preparation time: 20 minutes

Cooking time: 15 minutes

2 lbs potatoes
2 tbsp margarine
1 cup onions, sliced
3 tbsp flour
1/4 tsp pepper
2 cups whole milk

Wash potatoes; peel and slice into thin slices. Melt 1 tbsp of margarine in heavy, deep skillet. Remove skillet from heat; spread half of potato slices in skillet. Cover potatoes with onions. Sprinkle half of flour and pepper over potato mixture. Add remaining potato slices, flour, and pepper. Cut 1 tbsp of margarine into small pieces and place on top of potato mixture. Pour milk over potato mixture; bring to boil over high heat. Reduce heat to medium-low, cover, and cook until potatoes are tender, about 15 minutes. Makes 4 servings.

LEMON PEPPER ZUCCHINI

2 zucchini, cut into 1/2-inch slices
3 tbsp butter, melted
2 tbsp lemon pepper

Preheat oven to 400 degrees F. Place zucchini slices on a baking sheet and brush with melted butter. Season with lemon pepper. Bake in preheated oven for 20 - 25 minutes, or until tender.

RANCH BEANS

Preparation time: 5 minutes

Cooking time: 5 to 10 minutes

- 1/4 cup green pepper, chopped
- 1 3/4 cups canned vegetarian beans
- 1 3/4 cups canned kidney beans, red, drained
- 2 tbsp catsup
- 2 tbsp molasses
- 1/2 tsp dried onion

Conventional method: Place all ingredients in saucepan and heat thoroughly, about 10 minutes.

Microwave method: Place all ingredients in microwave-safe bowl. Cover with waxed paper. Cook on high, stirring every 2 minutes. Cook about 5 minutes.

BUTTERY COOKED CARROTS

Preparation time: 10 minutes

Cooking time: 10 minutes

- 1 lb baby carrots
- 1/3 cup brown sugar
- 1/4 cup margarine

Cook carrots in a large pot of boiling water until tender. Drain off most of the liquid, leaving bottom of pan covered with water. Set the carrots aside. Stir margarine and brown sugar into the water; simmer and stir until the margarine melts. Return carrots to the pot and toss to coat. Cover and let sit for a few minutes to allow the butter and flavors to mingle. Makes 4 servings.

CARROT CASSEROLE

2 cups mashed, cooked carrots
1 tbsp butter
1 cup white sugar
1/3 cup milk
1/2 tsp salt
1 tsp ground cinnamon
1 tsp ground nutmeg
3 eggs
1 tsp vanilla extract

Preheat oven to 325 degrees F. Grease a 1-quart casserole dish. Place carrots in enough water to just cover them in a small saucepan. Bring the water to a boil, and cook until carrots are very tender. Drain well. Using an electric blender or food processor, blend carrots to a smooth consistency. In a large mixing bowl, combine carrots and butter or margarine; stir well. Mix in sugar, milk, salt, cinnamon, nutmeg, eggs, and vanilla. Pour mixture into prepared casserole dish. Bake the casserole 20 to 30 minutes, or until set.

MASHED TURNIPS

7 turnips
1 cup milk
2 tbsp butter
salt to taste
ground black pepper (to taste)

Peel, wash, and quarter turnips. Boil 35 - 45 minutes or until tender. Strain and rinse cooked turnips. Place in large mixing bowl and use fork to break up turnips into smaller bits. Add milk and butter. Blend to desired consistency. Add salt and pepper to taste.

ACORN SQUASH

- 1 medium acorn squash, halved and seeded
- 1 tbsp butter
- 2 tbsp brown sugar

Preheat oven to 350 degrees F. Turn acorn squash upside down onto a cookie sheet. Bake in a 350 degrees F oven until it begins to soften, approximately 30 to 45 minutes. Remove squash from the oven and turn onto a plate so that the flesh is facing upwards. Place butter and brown sugar into the squash and place remaining squash over the other piece. Place squash in a baking dish and bake another 30 minutes.

CORN AND ZUCCHINI MELODY

- 4 slices bacon
- 2 cups chopped zucchini
- 1 1/2 cups fresh corn
- 1 small onion, chopped
- 1 dash pepper
- 1/4 cup shredded, Monterey Jack cheese

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble and set aside. In the skillet with the bacon drippings, saute the zucchini, corn and onion over medium heat until crisp tender, about 10 - 13 minutes. Season with pepper. Spoon vegetables into a bowl and sprinkle with cheese and crumbled bacon.



BEVERAGES

FRUIT YOGURT SHAKE

1 cup fruit, cut up (peaches, berries, bananas, pineapple, melon)
3 drinking glasses or paper cups
4 scoops non-fat, frozen yogurt
2 cups milk, ice cold
2 tbsp sugar

Cut up fruit. Encourage children to choose fruit pieces to use. Have them put all the ingredients into a blender. Cover. Blend until smooth. Children can help pour the shake into cups. Serve with straws or spoons. Serves 2 to 3.

Option: To make a Frozen Fruit Slushy, combine 1 cup fruit juice (pineapple, guava, mango, pear) with 1/2 frozen banana and 2 to 3 slices frozen pineapple (or melon, berries, kiwi, peaches). Fresh fruit can be frozen several hours in advance. Blend until smooth. Pour into cup. Serves 1.

JUICE WITH FUN FRUIT CUBES

1 cup 100% fruit juice, any flavor
1/2 cup frozen fruit, sliced *(bananas, strawberries, pineapple, mango, kiwi)
or use mixed frozen fruit from the freezer section of the grocery store

*Fruit can be frozen a few hours before making the juice drink.

Add frozen fruit to your favorite juice instead of ice cubes. Enjoy!

INSTANT COCOA MIX

Small amount:

- 1 (1#) box instant non-fat dry milk
- 1 cup sugar
- 3/4 cup cocoa
- 1/4 tsp salt

Larger amount:

- 1 (2#, 6oz) box instant non-fat dry milk
- 2 1/3 cups sugar
- 1 3/4 cups cocoa
- 1/2 tsp salt

Keep this dry mix on hand to make hot cocoa at any time.

Mix dry ingredients thoroughly and store in a tight container (glass jar or metal canister.) To make cocoa, put 1/2 cup mix in a cup. Stir in a little warm water to make a paste. Fill cup with boiling water. Stir and serve. To make a large quantity of instant cocoa, allow 1 1/3 cups of dry mix to each quart of water. Make a paste by adding a little warm water, then add boiling water in proportion of 1 1/3 cups of the dry mix to 1 quart water.

PURPLE PICK-ME-UP

- 3/4 cup grape juice
- 1/2 cup vanilla ice milk
- 3/4 cup plain, low-fat yogurt

Combine all ingredients into a blender. Blend until smooth. Pour mixture into 2 glasses.

MAKE A FRUIT SMOOTHIE!

2 cups of any fruit juice
1 tsp vanilla
5 to 6 ice cubes
2/3 cup non-fat, dry, milk powder

Crush the ice in a blender. (You can also wrap the ice in a clean cloth and crush it with a hammer or rolling pin.) Add the ice, juice, vanilla, and milk powder to the ice in the blender or other container with a tight lid. Shake or blend well. Pour into glasses and serve right away. Makes 4 servings.

ORANGE JULIA

3/4 cup low or non-fat, vanilla, frozen yogurt or ice milk, slightly softened
1/2 cup concentrated orange juice
1/2 - 3/4 cup Sprite or 7-Up
1/2 ripe banana, cut into slices (optional)

In food processor or blender, whip above ingredients together until smooth and frothy. Pour into glass. Makes 1 serving.

SPARKLING CIDER PUNCH

1 - 8oz apple juice concentrate
2 cups water
1 cup ice
1 liter ginger ale, chilled

Combine apple juice concentrate, water and ice. Chill in refrigerator. Add chilled ginger ale just prior to serving. Makes 8 - 8oz servings.

MAKE THE MOST OF YOUR DRY MILK

STORING AND USING NON-FAT DRY MILK:

Tightly cover box of powdered milk in a cool, dry place. Powdered milk mixed with water should be stored in the refrigerator in a covered container. This milk should be used within 1 week.

Non-fat milk powder can help stretch the food dollar because:

You can mix as much or as little as you need.

You can lower the cost of milk by mixing 1 quart of liquid non-fat dry milk with 1 quart of whole fluid milk.

Daily servings:

Two servings for adults

Two to three servings for children 2 - 9 years old

Three servings for children 9 - 12 years old

Three servings for pregnant women

Four servings for teenagers and nursing mothers

GENERAL GUIDELINES FOR MIXING NON-FAT MILK POWDER INCLUDE:

For 1 quart, add 1 $\frac{1}{3}$ cups of powder to 4 cups of cold water. Mix well.

For 1 - 8 oz glass, add $\frac{1}{3}$ cup powder to 1 cup of cold water. Mix well.

Non-fat milk can be used and served in many ways:

As an ingredient in meatloaf, meatballs, and hamburgers, the powder blends with the meat juices resulting in a more flavorful and tender product.

As an ingredient in breads, cookies, and cakes, the dry milk can be added to the dry ingredients; add water in place of fluid milk in the recipe.

Follow this chart when using non-fat dry milk in place of fluid milk:

If the recipe calls for 1 tbsp milk, use 1 tbsp non-fat milk and 2 1/2 tsp water.

If the recipe calls for 1 cup milk, use 1/3 cup non-fat milk and 1 cup water.

If the recipe calls for 1 quart milk (4 cups) use 1 1/3 cup non-fat dry milk and 4 cups water.

If the recipe calls for 1/2 gallon milk (2 quarts), use 2 2/3 cups non-fat dry milk and 7 3/4 cups water.

As a liquid, it can be used as a beverage, whipped topping, or as an ingredient in creamed soups, puddings, and sauces.

EQUIVALENTS AND SUBSTITUTIONS

3 tsp = 1 tbsp

4 tbsp = 1/4 cup

2 tbsp = 1 oz of sugar, fat, or liquid (2 cups to the pound)

4 tbsp = 1 oz flour, meal, crumbs (4 cups to the pound)

1 cup fresh milk = 1/2 cup evaporated milk + 1/2 cup water

1/2 cup dry milk + 1/2 cup water

1 cup buttermilk + 1/2 tsp soda

1 fresh egg = 2 level tbsp dry egg + 3 tbsp water

1 cup all purpose flour = 1/2 cup bran + 1/2 cup flour = 1/2 cup oatmeal + 1/2 cup flour

1 tbsp cornstarch = 2 tbsp flour

1 cup self rising flour = 1 cup all purpose flour + 1 tsp baking powder and 1/2 tsp salt

1/2 pound cheese = 2 cups grated cheese

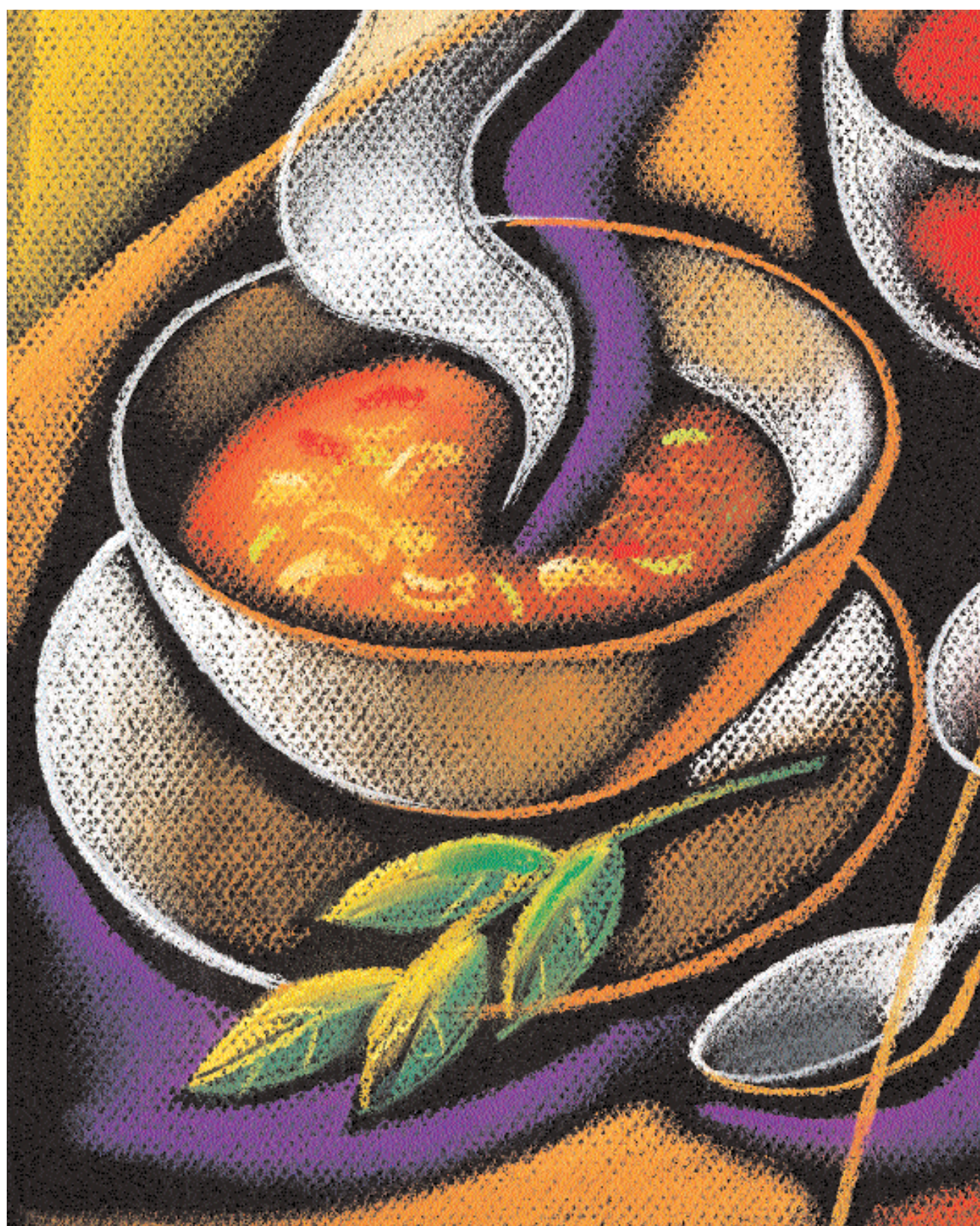
2 slices bread = 1 cup cubes or soft crumbs (with crust)

1 pound apples = 3 medium apples (3 cups sliced)

1 pound tomatoes = 2 large, 3 medium, or 4 small tomatoes = 1 can tomatoes

= 2 cans tomato sauce or 1 can of tomato paste

1 pound cooked rice = 2 cups uncooked = 6 to 8 cups cooked rice



"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.)

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer."



MISSISSIPPI STATE DEPARTMENT OF HEALTH

WIC

Equal Opportunity In Employment/Services
Printed December 2001

